

Pioneering Care Partnership (PCP) Happiness Hubs List 2025



Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
Awarded 2019 -2021							
Trimdon Grange Community Centre	Community Reconnections	Durham East	Still running 19.09.2024	To provide drop ins supported by staff and volunteers, with refreshments for clients. Services will include: Signposting to mental health support services and support groups and activities. Teaching people how to interact with family members at a distance through technology. Providing access to online training courses and e-learning.	Adults Older People	Mon-Fri 10 – 12noon	Pamela Duddin Trimdon Grange Community Association, Salters Lane, Trimdon Grange, TS29 6PB 07800 651713 Tgcc2014@gmail.com
ManHealth	Man Talk	Sedgefield 1	Still running 19.09.2024	To provide a 2 hour drop-in session once a week to support men who are struggling with their mental health. Sessions will connect individuals together through their peer support network to take a positive step back into their community.	Adult Men	Tuesday 6-8pm	ManHealth CIC, Office 6 Shildon Business Centre Dabble Duck Industrial Estate Shildon DL4 2RF 01388 320023 info@manhealth.org.uk
The Active Life Foundation	Young at Heart	Darlington	Group no longer running but there are lots more groups available	https://theactivelifefoundation.org.uk/			The Active Life Foundation, c/o 31 Brunel Street, Ferryhill, DL17 8NX 07983 531150 info@theactivelifefoundation.org.uk
Live Well, Live Strong, Live Safe CIC	Live Well Drop In Sessions	Chester-le-street	Group no longer running but there are lots more groups available	Timetable - Live Well North East - Enriching People. Enriching Lives.			Live Well North East CIC, Unit F Old, Cooperative Workshops, Plawsworth Road, Sacriston, Durham, DH76PB 07708 453082 livewellneoffice@gmail.com
Five Acres Community Garden CIC	Five Acres	Newton Aycliffe	Still running 19.09.2024	A community garden project that will provide a safe space and engage people in gardening activities to support mental wellbeing	School Leavers and Adults with LD	Monday to Friday - 09.15 - 15.00	ROF 59 1 Durham Way South, Newton Aycliffe, County Durham, DL5 6XN 07980 753469 deb.fiveacres@gmail.com
Willington Methodist Church	Willington Open Door Café	Wear Valley	Group no longer running but there are lots more groups available	(3) Facebook			Willington Open Door Methodist Church, Wesley Street, Willington DL15 0AG 01388 745460 willingtonopendoorchurch@gmail.com
East Durham Veterans	EDV Social inclusion	North Easington	Still running 19.09.2024	Project promotes social inclusion of veterans and their families across County Durham. This will be achieved through recreational and social activities that will promote peer-to-peer networks and friendships.	Adults Older People Veterans	Every Saturday	East Durham Veterans Trust, 7 Gilbert Rd, Peterlee, County Durham SR8 2AN 0191 5815677 contact@eastdurhamveterans.co.uk
Tiny Toes Bumps and Babies C.I.C	Support Sessions	Derwentside	Group no longer running				

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Sunniside Community Association	Happy Mondays	Wear Valley	Still running 19.09.24	A drop in Café, where people can relax, receive hospitality, be themselves, share their talents, learn from one another, building mutual and supportive friendships and feel valued, welcome and important. A project lead will provide 1-2-1 support on any mental health issues and signpost if required	Adults Older People	Mondays Café 11am – plus additional days during week for activities associated with Happy Mondays (baking, pilates, Zumba, dog training, crafts)	Claire Ritson Sunniside Community Association, 25 Flag Terrace, Sunniside, Bishop Auckland, Durham 07792 238918 Claireritsonfic@yahoo.com
Ferryhill Ladder Centre	Connect	Sedgefield North	Still running 19.09.24	To provide a one stop place for men in the community to offer support, advice and guidance and activities and a service which will appeal to the male members of the community and give them a safe space and welcome environment where they can re-engage and feel valued.	Adult Men	4 hours per week based at Ferryhill Ladder Centre	Nigel Jones Ferryhill Ladder Centre, 5-7 Coniston Road, Ferryhill, DL17 8EZ 01740 651639 nigel@ferryhillladdercentre.org.uk
Cornerstone Support Housing and Counselling	Refresh, Rebuild, Relate	Wear Valley	Still running	To provide a safe space for a one stop community support drop ins to include expertise on domestic violence, drug, substance and alcohol addiction, housing and homelessness, citizens advice, mental wellbeing, food/clothing banks and peer to peer support groups.	Adults Older People	Drop in	Cornerstone Supported Housing and Counselling Ltd, Unit 12 Brockwell Court, Low Willington, Crook, DL15 0UT 01388 747 892 info@cornerstone-north.org
Teesdale Clubs	Happy Minds	Teesdale	Still running 24.09.2024	To provide 8 drop in lunch club to support people with their mental health needs and refer to specialist support if required. The club will offer: <ul style="list-style-type: none"> • Catch-ups with refreshments. • Mental Health and wellbeing advice • Gentle exercise • Confidence building 	Adults Older People	Various	Teesdale Day Clubs, Woodleigh, Flatts Rd, Barnard Castle DL12 8AA 01833 695822 teesdaledayclubs@gmail.com
Teesdale Community Resources Hub	Happiness Cafe	Teesdale	Other activities provided	https://www.tcrhub.co.uk/			TCR Hub – Teesdale Community Resources, Shaw Bank, Barnard Castle, County Durham, DL12 8TD 01833 690150 Rachel.tweddle80@gmail.com
GTD/Durham community boxing club	Open House	Durham East		To provide a drop-in session for 18+ to openly talk about challenges they are facing and their mental health. This will be run by staff and volunteers. They would provide a safe space at certain times to drop in and provide opportunities to access advice and referrals to other local support partners, charities, and well-being services. Informal activities for participants to take part in to allow them to relax, de-stress and feel comfortable in the environment.	Adults	Wednesday at 6.00pm-8.00 pm Sunday morning class at 10.00 am-11.00am	Paul Lysaght GTD/Durham community boxing club, Unit E, Whitham House, Mandale Business Park, Durham DH1 1TH. 07429 156163 paul@gothedistancecic.co.uk
Upper Teesdale Agricultural	You Time at UTASS	Teesdale	Still running 20.09.2024	To provide a specific 2 hour per week drop-in session branded as 'coffee and chat'.	Adults Older People	Monday Afternoons 1.30pm	Upper Teesdale Agricultural Support Services Ltd (UTASS), 9-11 Chapel Row, Middleton-in-Teesdale, Barnard Castle, Co. Durham, DL12 0SN

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Support Services Ltd (UTASS)				A volunteer will be on hand to support the community in response to the current pandemic, will regularly support throughout the coffee and chat sessions, offering emotional support and the opportunity to discuss wider needs and any mental health problems.			01833 641010 grace@utass.org
Clart About Ltd	My Mammy Twinkles	Derwentside	No longer running 23.09.2024 adults support session focus on children only				Clart About Sensory Café 33F Number One Industrial Estate, Consett, DH8 6SZ 01207 501061 clartaboutltd@gmail.com
Hawthorne Community Centre	Drop In	North Easington	Still running 02.10.2024	The project is to provide Digital Support and Advice for the more vulnerable and isolated members of our Community. Fortnightly coffee mornings will allow access to wifi connections. This will give provide people the opportunity to use their personal devices to keep in touch with relatives and access other online services for advice.	Adults Older People	Wednesday fortnightly	Hawthorn Community Centre, The Green, Hawthorn Village, Seaham, County Durham, SR7 8SE 07477 580591 wilsonrands@btinternet.com
Easington Social Welfare Centre	Drop In	Easington Central	Still running 19.09.2024	To provide 2, 2 hour drop-in sessions per week to support people with mental health issues and isolation issues. They will be supported by the team from Health Works, Mind Project and East Durham Trust who will assist with personal issues, benefit advice and housing issues.	Adults Older People	Every morning	Easington Social Welfare Centre, Seaside Lane South, Easington Colliery, Peterlee SR8 3P 0191 527 06 35 easingtonwelfare@gmail.com
Horden Parish Council	Andy's Man Club		Still running 19.09.2024	Andy's Man club supports around 20-30 men, for free on a Monday evening from 6.45pm to 9.15pm to discuss any mental health issues and to provide a safe space for men to chat and discuss their stories if they wish to do so, refreshments will also be provided	Men	Mondays 7 – 9pm	Horden Parish Council Horden Social Welfare Centre, Seventh Street, Horden, SR8 4LX Tel: 0191 5180823 Gemma Rowe deputy@horden-pc.gov.uk
East Durham Trust	Activate the Arts Café	Easington Central	Still running	To run a drop-in Arts Café addressing three main focusses: <ul style="list-style-type: none"> Reduction of social isolation in older adults and those with long-term health condition Social prescribing provision for working age adults out of hours. Advice and signposting	Adults Older People	Tuesdays 10-12pm Evening session TBC	East Durham Trust, Community House Yoden Road, Peterlee, SR8 5DP 0191 5693511 jess.hunt@EastDurhamCreates.co.uk
Blackhall Community Association	Mental Health Support Group	Easington Central	No longer running as a group but still open for drop in for a cuppa and chat 23.09.2024				Blackhall Community Association, Hesleden Road, Blackhall, Hartlepool TS27 4LG Alison Paterson 0191 5867396 Alison.blackhallcommunity@gmail.com

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Just for Women CIC	Crafting to Wellness	Derwentside	Still running 19.09.2024	Just For Women Centre will provide anxiety workshops to people in the Stanley area with mental health issues. These sessions are held at the Centre, a safe space woman can feel safe in. Physical exercise and mediation is incorporated into the session. Anxiety workshops are delivered by a qualified counsellor	Women Who have been abused	Crafting to wellness sessions run Tuesdays, Wednesday and Thursdays.	Just For Women Centre St Josephs House, Thornleyholme Terrace Stanley, DH9 0BL 01207 281145 Justforwomencentre@yahoo.co.uk
Awarded 2021-22							
Ferryhill Ladder Centre	Ladder Craft & Chat	Sedgefield North	Project no longer runs other groups available	https://ferryhillladdercentre.org/index.php/services/			Ferryhill Ladder Centre Ladder House, 5/7 Coniston Road Ferryhill, DL17 8EX Nigel Jones nigel@ferryhillladdercentre.org.uk 01740 651639
GTD/Durham community boxing club	Up Skill for Life	Durham East		Deliver a wellbeing job club at GTD for the next 12 month's using sport with employment as a vehicle for changing people's lives in this community.	Unemployed	Wednesdays 6-7.30pm	Unit 27E, Whitham House, Mandale Business Park, Belmont, Durham, DH1 1TH Paul Lysaght paul@gothedistancecic.co.uk 07429156163
St Pauls Centre, Spennymoor	Dementia Support	Sedgefield North	Still running 23.09.2024	We are setting up a support group, not only for clients with dementia but offering support for the carers	People with Dementia and their carers	Thursdays 2-3.30pm	St Pauls Centre Spennymoor St Pauls Gardens, Spennymoor DL16 7LR Maureen Aspey stpaulscentre@btconnect.com 07811166763
Jack Drum Arts	Feel Good Thursdays	Wear Valley	No longer running but took from it lessons learned and applied it to their current running project	Jack Drum Arts			Jack Drum Arts St Cuthbert's Centre, Church Hill, Crook, DL15 9DN James Shepherd jamesb@jackdrum.co.uk 01388 765002
Morrison Trust	Arts & Crafts	Darlington	Still running 19.09.2024	Group sessions providing arts and crafts to support skill development and build confidence, self esteem and wellbeing	All	Thursdays twice a month 10 - 1pm	Morrison Trust Morton Park Business Training Centre Yarm Road, Darlington, DL1 4PJ Sarah Bentley Sbentley@morrisontrust.org.uk 01325 387700
Pelaw Communtiy Centre	Pelaw Lunch Club	Durham West	Still running 19.09.2024	A weekly lunch club based on 20 people initially, with the option to include more if demand is there/ to enable drop ins – up to a maximum of 28The lunch club would offer a hot meal and a cup of tea and biscuits – with a game of bingo at the end or dominoes for anyone who did not want to participate in bingo.	Older People	Mondays 12-2pm	Bernicia Pelaw View Community Centre, Hilda Avenue, Sherburn Road Estate, DH1 2EH Barbara Webb barbara.webb@bernicia.com 07880190331 / 0191 2383343
Rose Cottage Community Hub CIC	Drop in & Discover	Easington District	Still running 20.09.2024	A drop in session for any local people whos' mental health is suffering, who are socially isolated or anyone else who feels they need a bit of help, support or guidance. The session will be	All	Mondays 10 – 12	Rose Cottage Community Hub CIC Rose Cottage, Rose Street, Trimdon Grange, TS26 6EH Michelle Douglas-Allison

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				loosely structured, allowing flexibility for the attendees to choose what they wish to participate in. Light refreshments will be available upon arrival for people and then there would be a weekly interactive activity scheduled which people would be encouraged but not forced to participate in, the activities would include various creative crafts			Michelledouglasallison@yahoo.co.uk 07977553356
The Well Methodist Church	Renew Wellbeing Café	Darlington	Still running 13.05.25	To extend our current offer to include a weekly 'Renew Wellbeing' café session (initially 3 hours per week). This would be advertised as a discrete session within our open provision where people can come to 'be', interact with others as they feel able, share/learn a skill or hobby*, talk about wellbeing as they feel able and be encouraged to volunteer in the project should they wish.	All	Fridays 11-2pm	The Well Methodist Church and Community Hosting Space 164 North Road, Darlington, DL1 2EL Dr Graham Bright thewelldarlington@gmail.com 07927852038
Bishop Auckland Baptist Church	Community Hub	Bishop Auckland	No longer running but still groups available	Bishop Auckland Baptist Church			Community Hub held @ Bishop Auckland Baptist Church, Westfield Road, Bishop Auckland, DL14 6AE Marion Hodgson Crawfordclose@gmail.com 07791564101
Dig N Dinner	CALM in East Durham CIC	Easington Central	Was still running on a voluntary basis will close now for winter 24.09.2024	2 half day sessions per week where members of the community can come and help us firstly develop our vegetable garden, an orchard, and our contemplation walkway full of wild flowers and trees with areas to sit undisturbed. Secondly, the sessions will offer the opportunity to sit and eat a healthy vegetarian meal (eventually from food grown in the gardens) and have time to socialise, learn crafts or just relax and chat.	All	Wednesday 1.30 – 3.30	CALM in East Durham CIC Broomholme, Stockton Road, Easington Village, SR8 3AZ Barbara Crisp Calmineastdurham@gmail.com 07868269253
PACT House Stanley	The Lounge	Derwentside	Still running 19.09.2024	Developing a dedicated creative / social lounge space within PACT House. The space would allow people meet and enjoy creative and or social activities in a dedicated space that provides them with the tools and equipment to express themselves. The place will also have managed access, allowing people to become familiar with users and create their own friendship and peer support groups within the project.	Unemployed working age adults	Mon-Fri 12-5pm Sat 10-3pm	PACT House Stanley 39 Front Street, Stanley, DH9 0JE Darren McMahon MBE Pacthousestanley@outlook.com 07941139595
Teesdale Day Clubs	Lunch Club at Startforth	Teesdale	Still running 19.09.2024	Run a weekly club by contributing to support and bring together individuals in the Startforth area	Older People	Wednesdays 11am - 2pm	Teesdale Day Clubs Woodleigh, Flatts Road, Barnard Castle, DL12 8AA Kim Weston Andrea.hobbs@tds@gmail.com 01833 695822
Pittington Community Association	Creative Café	Durham West	No longer running				Pittington Community Association Pittington Village Hall, High Pittington, DH6 1AN Rebecca McGarvie Rebecca@thesingingelf.co.uk 0191 3721682

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The Active Life Foundation	Evergreen	Darlington	See timetable	https://theactivelifefoundation.org.uk/	Older people		The Active Life Foundation 31 Brunel Street, Ferryhill, DL17 8NX Phil Seymour Phil.seymour@theactivelifefoundation.org.uk 07986531150
St Teresa's Hospice	Focus & Breathe	Darlington	Still running 19.09.2024	St Teresa's Hospice would like to offer two new wellbeing sessions for people with life-limiting illness at our Wellbeing Hub. Working in partnership with specialist exercise therapists, the palliative care team will develop two, small group programmes of exercises that aim to enhance physical and psychological wellbeing through gentle movement and meditation based exercises. Drawing on a range of disciplines such as yoga, Pilates, mindfulness and specialist pulmonary fitness programmes, these sessions will help people to remain active, enhance or maintain their co-ordination, mental wellbeing, core fitness and movement. There will also be plenty of time to connect with others, relax and socialise, with the availability of support and advice from Hospice staff if needed. Additionally, where required, we would ensure that people have access to care and support to enable those with disabilities or care and support needs to participate in the sessions.	To support those on end of life pathway	Tuesdays 11-12 The Lounge	St Teresa's Hospice The Wellbeing Hub in The Woodlands, Woodlands Road, Darlington, DL3 7UA John Paul Stabler Johnpaulstabler@darlingtonhospice.org.uk 01325 254321
Wheatley Hill Community Ass	Girls & The Cave	Easington District	Still running 20.09.2024	To host groups weekly and provide activities for women of their choosing in line with covid secure restrictions / government roadmap at the prevailing time	Women		Wheatley Hill Community Association Greenhills Centre, Stephens Terrace, Wheatley Hill, DH6 3JS John Probert johnwprobert@gmail.com 01429 820214
Bridge Creative	Starting Point Volunteer Group	Bishop Auckland		We want to develop our Volunteering Project to provide a space within our centre when it opens in June 2022, for potential volunteers to meet, find out about opportunities in the area, access mental health support, develop friendships and build confidence. We will run a weekly group session focusing on developing peoples' mental and emotional wellbeing to help them prepare for volunteering. Two of our Support Mentors will deliver the group sessions which will include confidence-building and mental wellbeing activities, and facilitating peer-support so that people can develop friendships and get support from one another.	Adults with learning disabilities and autistic adults	Thursdays 10.30-12 noon	Starts June 2022 Bishop Auckland Ben Tinkler bridgecreative@outlook.com 07984516038
Deaf Hill Regeneration Group	Get Active	Easington District		We are looking to build on our exercise classes and support 3 sessions per week of exercise 1 x yoga, 1 x Zumba style exercise and 1 session of social and sequence dance initially for 48 weeks.	Adults	Monday 6-7pm, 8pm - 10pm &	May 2022 Trimdon Station Community Centre Station Road East Trimdon Station, TS29 6BS

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						Wednesday 6pm – 7pm	Derek Bradley stationcommunitycentre@trimdon.org 01429 882200
Aspire Learning, Support & Wellbeing	Women's New Beginnings	Chester le Street	Still running 08.10.2024	Aspire is a not for profit community interest company providing gender specific trauma informed person centred services for women from our only centre in Chester le Street. We provide a comprehensive provision of one to one confidential listening support alongside specific support groups/provision to address issues of Domestic Violence and Abuse/Sexual Violence, Suicide and self-harm. weekly activities to support both the mental and physical health of women taking an asset based approach to prevention and early intervention	Women impacted by Domestic Violence and Abuse/Sexual Violence, Suicide and self harm.	Wednesdays 10am-12 noon	Start 01.06.2022 Aspire House, Rear of Front Street, Chester le Street Janice Rokni janicerokni@aspire-northeast.co.uk 0191 3891504
Harbour Support	Harbour Support Services	Claypath & University Derwentside Durham East Durham West Darlington		Harbour Support Services provide a range of services in Durham/Darlington which offer immediate crisis support and longer term support for victims and families who have experienced domestic abuse. Harbour's Recovery Service is part of the longer-term support provision to help women and families to develop life skills, extend their community and support networks, and most importantly, increase their self-esteem and mental wellbeing. The aim of Harbour's Recovery Service is to support the development of skills and confidence so that victims and families can rebuild their lives and break the cycle of abuse. Funding will extend currently fortnightly sessions to weekly	Women and families impacted by domestic abuse	Darlington Wednesdays 9.30am – 11.30am Durham City: 12.45pm to 2.45pm	Starts 02.05.2022 Harbour Support Services 64 Duke Street, Darlington, DL3 7AN Rachael Leech rachaelleech@myharbour.org.uk 07584124834
Wingate Station Town & Family Centre	Active Minds	Easington District		Two weekly sessions. Session one will allow us to identify and address the needs of older residents, living in Wingate and surrounding villages. We have worked with older people for many years, providing them with a wide range of activities, trips to local places of interest and by bringing services to them, in our purpose built centre, to encourage and support access to entitlement without the need to travel or rely upon family members who are often too busy. Session two will attract new parents and children to the centre by providing an open session to attend with their baby or toddler. Sessions will be facilitated by our qualified staff and volunteer Trustee, will encourage parents to interact with their child, encourage early learning skills, manage unwanted behaviour and promote happy relationships..	Older people New parents	Wednesdays 9-12 Thursdays 12.30 – 3.30	Wingate & Station Town Family Centre Partridge Terrace, Wingate, TS27 4SQ Alison Nutter Alison.nutter@yahoo.com 07739527353
Enter CIC	The Music Café	Sedgefield North	No longer running				Enter CIC 2 Chapel Terrace, Ferryhill, DL17 8JL Andrea Flynn Info@entercic.org 01740 655437/07949786950

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Sacriston Youth & Community Project	Happy Hour	Chester Le Street	No longer running but a similar group is running on the same day 25.09.2024				May 2022 Sacriston Youth & Community project Unit E, Old Co-op Building, Plawsworth Road, Sacriston, Durham. Dh7 6PD Gemma O'Brien gemma@sacristonyouthproject.co.uk 07709895493
Stanley Young Peoples Club	3Space	Derwentside		To create 3 distinct open access sessions of 3 hours duration each week, staffed at 4 hours per session to include 30 minutes each side prep/set up and clear away. Whilst the sessions will have a dedicated focus, attendees will be able to undertake alternative activities such as social interactions or craft-based activities during activity sessions. The building has the following spaces that will be used as part of this project a sports hall, private seating space, kitchen, music room, leisure hall (pool, air hockey, project screen and computer suite). Breakfast Club – chat / peer support 10-1pm making breakfast together, a social based group, peer support, computer use inc. job search, improving IT skills, pool, air hockey, music, films/media, will also be used in conjunction with the monthly Mindfulness and Wellbeing Sessions. Activity Work-it-Out – 12-3pm - Utilising the sports hall to use physical activity and sports to promote physical and mental health, offer mini health checks around weight and blood pressure, promote a healthy lifestyle. Well-being walks around the fabulous countryside on our doorstep. Mind-Crafts –12-3pm social session with a focus on expressing yourself through art, crafts, making things and music, will also be used in conjunction with the monthly Mindfulness and Wellbeing Sessions split with the peer Breakfast Club sessions There will be a monthly well-being and mindfulness session delivered as well as 4 volunteer training sessions over the year.	Adults	Monday 9-11am Wednesday 10-2pm Friday –10-2pm	June 2022 Stanley Young Peoples Club Severn Crescent, South Moor, Stanley, DH9 7PZ Paula Murray Barrett stanleyvpc@outlook.com 07446245448
Blind Life Durham	Post Covid Happiness	Durham, Spennymoor, Wolsingham, Ferryhill	Still running but onto something else along the same lines 23.09.2024				Framwellgate Moor St Pauls Community Centre, Spennymoor Stanley Crook Ferryhill blindlifeindurham@gmail.com Margaret Welch 01388 763501
Homegroup Wellbeing & Recovery	Horden Community Allotments	Horden	Still running 19.09.2024	The Horden community Allotment will be open 7 days a week for volunteers to attend and for residents to use as a social setting as well as guests. It will provide a nice relaxed environment	Adults	Allotment open 7 days a week.	Home Group Wellbeing & Recovery Services, Bluebell Hub, 48 Bluebell Close, Newton Aycliffe Allotment based in Horden Dean Whelan

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				to socialise as well as provide a safe space. It is hoped that members will also build up relationships that will enable them to attend when they see fit when not attending the prearranged groups which will help them to build their own support groups/networks.		2 days will be group support which are Mondays 11.30-3.30 Wednesday 9.30-12	Dean.Whelan@homegroup.org.uk 07568107771
Groundwork North East and Cumbria	Wellness Shed	Darlington	Still running 20.09.2024	The aim of the project is to improve the health and wellbeing of young people between the ages of 18-25 in Darlington, connecting them to their community and local green spaces whilst informally addressing key areas young people struggle with when moving from child to adult services such as self-esteem, body-image and anxiety. Based at our Bellburn allotment, with additional activities at South Park, the project will run for a year, delivering weekly sessions.	Young People 18-25	Tuesdays 1-3pm	Groundwork NE and Cumbria Bellburn Allotment, Darlington Lisa Taylor Lisa.Taylor@groundwork.org.uk 07930 330 794
Awarded 2022 -2023							
Durham Christian Partnership	PadB Walking for Happiness & Health	Chester-le-Street	Still running but has morphed into the current project we are funding DCP Wellbeing hub	We will be providing a Wednesday Walking club, the aim of the sessions is to take our members out of their local area and outside their comfort zone. The sessions will give our members the opportunity to experience being outside their immediate area and for a lot of them outside their comfort zone. Letting them know they aren't what they think they are by building their confidence, getting them to trust and encouraging them along the way.	Young People 18-25	Monday – Friday 10am – 3pm	Durham Christian Partnership Unit 7/9 First Avenue, Drum Industrial Estate, Chester Le Street DH2 1AG Peter MacLellan peter@durhamcp.org.uk 0191 303 8623 / 07758 400128
GTD 'Go the Distance'	18-25 It happens at GTD	Sherburn, Pitlington, Gilesgate, West Rainton, Carrville, Belmont	Still running 30.09.2024	With this scheme by way of training in the education room, boxing fitness in the gym, talking to our professional staff over a coffee and a biscuit, discussing key issues we can work on and hopefully combat issues that have been holding people back. We will look at life guard training in one of the 10 Durham leisure centres with the NPLQ.	Young People 18-25	Wednesdays 6pm Saturday 11am	Unit 27 E,Whitham House, Mandale Business Park, Durham Paul Lysaght paul@gothedistancecic.co.uk 07429156163
Think Positive PACT House	Creative Minds	Stanley	Still running but as a safe space only 19.09.2024		Young People 18-25	Mondays 12.30-3.30	Pact House Cemetery Office, Off East Parade, Stanley DH9 0PS Jay Brewis info@thinkpositivedurham.org 01207 280407

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St Pauls Centre	A Sense of Belonging	Spennymoor, Croxdale, Middlestone Moor, Ferryhill	Still running 23.09.2024	The project is to offer a warm welcome and hospitality, support and friendship to refugees and families. We aim do this through a range of befriending and support and empowerment initiatives. We would hope that by meeting together with people from The St Pauls Centre Community, and members of our local community, we can build strong and positive relationships which will be a springboard for additional support for many of our participants. We aim to create a welcoming and safe space for participants to feel valued, listened to and respected.	Adults	Monday morning weekly (apart from bank holidays) and monthly on Saturdays 10 -2pm	St Paul's Centre, St Pauls Gardens, Spennymoor, DL16 7AA Mrs Maureen Aspey maspey@globalnet.co.uk 07811166763
Auckland Youth and Community Centre	Bishop Man Cave	Bishop Auckland	Still running 18.12.24	The environment that this project will create a safe space that will be warm, friendly and supportive with a user lead approach. Staff are trained to listen to our users and signpost to services or bring services into the centre so that it is non-threatening to the users as this can cause a barrier. We want to informally educate our users to be aware of their own mental health needs. The end result being that they will then ask for the support that they feel that they need when they are in a place where they are ready to accept it.	Adult Men	Tuesdays 18:00-20:00pm Saturday 12-2 (additional session)	Walker Drive Bishop Auckland Co Durham DL14 6QL Joni Moore Joni.moore@aycclimited.co.uk 07517657894
Just For Women Centre CIC	Creative Community	Stanley	Still running 19.09.2024	Just For Women Centre will provide weekly sessions for women to socialise, develop skills and get mental health support. Sessions will be held at Just For Women Centre, a designated safe space for women to discuss their mental health and wellbeing, and receive additional support if needed. Weekly meetings are open to women in County Durham to attend, however they must book a place. During the 4 hour sessions, women will have the opportunity to meet new people in their local community, talk about mental health and wellbeing, and access additional support if needed. Sessions will cover a range of activities in skills development, personal development and allow women to gain confidence, self-esteem and self-worth in a safe and supportive environment. For example, training on industrial sewing machines to develop sewing skills, or crafting to wellness sessions designed to encourage social interaction and build strong support networks. The activities in this project will be user led, where those who attend will be encouraged to make decisions on the activities they do during sessions.	Adult Women	Wednesdays 12-4pm	St Josephs House, Thornleyholme Terrace, Stanley, DH9 0BL Linda Kirk justforwomencentre@yahoo.co.uk 01207281145

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Ludworth Community Association	Ludworth Happy Hub	Ludworth & surrounding areas		<p>The environment that we will create will be a safe space that will be warm, friendly and supportive. Volunteers are trained to listen to our users and signpost to services or bring services into the centre. We want to informally educate our users to be aware of their own mental health needs. The end result being that they will then ask for the support that they feel that they need if they need it.</p> <p>When people are living in an area of deprivation or unemployed or suffer with mental health, they spend their days being told what they should or shouldn't be doing. Our aim is for the individual to take back some of that control in whatever way they feel would work best for them.</p>	Adults	Wednesdays & Fridays 2.30-4.30pm	<p>Ludworth Community Association, North View, Ludworth, DH6 1NF</p> <p>Dave Woods woodsdauid1954@gmail.com</p>
Jubilee Fields Community Association	Shildon Happiness Hub	Shildon	No longer running				<p>Jubilee Road, Shildon, DL4 2AL</p> <p>Lesley Bowes jubileefields@btconnect.com 01388 775425</p>
SW Health & Wellbeing (trading as SportWorks)	Health and Happiness Hub	Consett	No longer running				
Teesdale Day Clubs	Support Matters – rural and town	Barnard Castle and Woodland	Still running 24.09.2024	<p>We are an established charity working across Teesdale communities for almost 30 years. We bring people together for a social gathering (lunch club) using community venues. We also provide an outreach community service which offers one-to-one support by phone or at people's own homes.</p> <p>We target any lonely or isolated adults who need social contact and support, but our services are generally mostly used by older adults. Our clubs are open to new people joining us at any time and can come from referrals from partners or self-referrals. The strength of the clubs is that they attract a wide social group, which means there is no stigma to attending in a small village.</p> <p>Our aims are to reduce social isolation and loneliness, support people to stay independent, positively impact people's wellbeing and offer a variety of volunteering opportunities that support wellbeing and self-esteem.</p>	Older Adults	Mondays & Tuesdays 11-2pm	<p>Teesdale Day Clubs, Woodleigh, Flatts Road, Barnard Castle DL12 8AA</p> <p>Andrea Hobbs Andrea.hobbstdc@gmail.com 01833 695822</p>
Horden Parish Council	Warm and Welcome Winter Hub	Horden	Still running 23.09.024	<p>The Warm and Welcome Winter Hub is a new project aimed at providing a warm, safe place at Horden Social Welfare Centre where residents are welcome to come along to enjoy regular inclusive drop-in sessions to enable them to cut down on fuel usage at home and provide practical support over the winter months to take some pressure off</p>	Adults	Tuesdays 9.30 – 11.30am	<p>Horden Social Welfare Centre, Seventh Street, Horden, Peterlee, Co Durham, SR8 4LX</p> <p>Gemma Rowe deputy@horden-pc.gov.uk 0191 5180823</p>

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
				residents already suffering as a result of fuel poverty. Sessions will be informal where residents can connect over a hot drink or/and a hot meal, read a book in the library corner, access the internet in the IT section, get creative or competitive in the games and craft corner or simply connect and chat with others.			
East Durham Veterans Trust	Mental Health & Wellbeing Program	County Durham	Still running 25.09.2024	We are seeking support for our Mates and Baits program, which consists of a weekly hot meal during which we encourage discussion and conversation between the many beneficiaries who attend, this approach is allowing us to not just increase then numbers we support but more importantly reach the many veterans and their families who find seeking support hard. It will allows them the opportunity to mix with others and discuss with fellow veterans their concerns, amongst which are: • Ongoing mental health issues, • Loneliness, Isolation and Social Exclusion, • Help people understand their current circumstances, • Helping people to stay connected	Adult Veterans	Monday – Saturday 10-3pm	Dawdon Community Centre Queen Alexandra Rd Seaham Brian Waugh brian@eastdurhamveterans.co.uk 07411080575
The Well Methodist Church	The Giving Garden	Darlington	Still running 03.10.2024	The Well Methodist Church and Community Hosting Space is committed to be a place of inclusion that brings about positive transformation in the lives of our local community. As part of our work, we have set about transforming the car park at the rear of our premises into a community garden space. This is designed as a space for people to 'be', participate, contribute, connect, learn new skills, grow and have fun. The tagline of the Giving Garden is 'Grow, Harvest, Share' - not only produce but also relationships, connections and community. We understand the power and potential of therapeutic gardening and the space for solitude, connection, nature, fun, creativity it provides. Our community users confirm what research says regarding the positive impacts it has on their physical, emotional, psychological, spiritual and social wellbeing.	Adults	Thursdays 10-1pm	164 North Road, Darlington, DL1 2EL Dr. Graham Bright graham.bright@thewellmethodistchurch@hotmail.com 0792 7852038
Rose Cottage Community Hub CIC	Meet and Eat	Trimdon Grange		The meet and eat project will be a once a week session, whereby people will be able to come along to a warm safe place and be provided with a meal and drink, followed by a social activity. The sessions will be ran in Rose Cottage Community Hub on a Wednesday between 11am and 1pm, and Rose Cottage Café will provide the meal, this project will run for 6 months.	Adults	Wednesdays 11-1pm	Rose Cottage, Rose Street, Trimdon Grange, Co Durham, TS29 6EH Michelle Douglas-Allison michelledouglasallison@yahoo.co.uk 07977553356
Endeavour Woodcrafts CIC	Drop in Craft Café	Ferryhill and surrounding	Still running 23.09.2024	The Craft Cafe project will run fortnightly for a duration of 12 months. The Cafés are safe, welcoming spaces for people to socialise and	Adults, LD, Elderley	Thursdays 10-12	The Old Fire Station, Darlington Road, Ferryhill DL178EX Carole King

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
				express their creativity. From painting and drawing to jewellery making and sculpture, our Craft Cafés will allow individuals to engage in activity away from their homes, creating a vibrant creative space and improving social interaction. We aim to bring a wide mix of target audiences together, with specific focus upon disabled, mental health, socially isolated and elderly individuals. Each Craft Cafe session will provide an opportunity to socialise with others, gain friendly support and guidance if required and to take part in different crafts, painting, sculpture and sewing activities. The sessions will be free for participants and they will have access to teas/coffee and cake and to take away their handmade product with them.			info@endeavourwoodcrafts.com 01740 657676
The Cornforth Partnership	Healthy Communities	Cornforth		<p>Provide the right support in the right place at the right time to enable the development of healthy vibrant and aspirational communities” Its key objective is to tackle and alleviate the issues which local people and local communities face in terms of Health, Social, Educational and Economic deprivation.</p> <p>We provide a robust package of community led support at a grass roots level in communities across County Durham around 4 broad themes:</p> <ul style="list-style-type: none"> • Children, Young People and Families • Domestic Abuse • Older People • Employment and Training 	Adults	Monday – Friday 9-3pm	66-70 High Street, Cornforth, Co. Durham DL17 9HS Tony Cutmore tony@cornforthpartnership.org 01740 652000
Breathing Space	Café Reflections	Witton Gilbert/Sacrison		<p>To engage members of the Community to come together and to learn new arts & crafts related skills. We would like to use diverse activities e.g the Japanese art of Kintsugi: Kintsugi is built on the idea of strength and beauty in imperfection. When a ceramic object breaks, the kintsugi technique involves using gold dust and resin (or lacquer) to reattach the broken pieces. The resulting piece thus incorporates the unique cracks into its design, and the gold lines add to the beauty of the piece while strengthening it. To explore this art form as a metaphor for brokenness and healing — embracing one’s brokenness and imperfections can help us to understand something unique, beautiful and strong in our own journey. Boro, where ancient textiles become art in</p> <p>“Boro– the fabric of life” Japanese tradition is no stranger to restoring or beautifying that which has become broken or fragmented. Boro which</p>	Adults	Tuesdays 1.45 – 3.45pm	St Michael & All Angels church, Coach lane, Witton Gilbert DH7 6SX Gillie Boggon breathingspacedurham@gmail.com 0191 3711387

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
				translates to scraps of cloth has a lot in common with Kintsugi. The Japanese employ the technique of Sashiko stitching in geometric patterns. This not only enhances the piece but also reinforces it!			
Age UK North Yorkshire & Darlington	Darlington Wellbeing Hubs	Darlington	No longer running 23.09.2024				Bradbury House, Beaumont St. West, Darlington, DL1 5SX Shaun Britton Shaun.britton@ageuknyd.org.uk 01325 362832
Spennymoor Youth and Community Association	Survive & Thrive	Spennymoor	Still running the Thursday session 23.09.2024	Survive and Thrive is a mental wellbeing group for adults recovering from mental health problems and addiction. It has been delivered by Durham County Council's Support and Recovery team from Spennymoor Youth and Community Centre for two years but due to budget cuts, the Support Workers who have delivered the group to date will no longer be available to facilitate the group.	Adults	Mondays 6pm-7pm, Thursdays 12-3pm	Spennymoor Youth and Community Centre, Rushmoor, Merrington View, Spennymoor, DL16 6PP Michael Fishwick michael@syaca.co.uk 07572043594
The Hospital of God at Greatham	Memory Lane Cafe	Horden		Utilising Minerva House as an established community facility, our memory lane cafes will seek to empower and support those living with a dementia or memory loss and their carers by providing meaningful and engaging social inclusion activities. The cafes will be widely promoted and be a free service for the local community held on a weekly basis. The weekly café will be run on an informal drop-in basis and offer a place to socialise, share memories, reflect on bygone days and use music and activities to bring back memories. The cafes will also provide information, advice and support to carers. The café will provide a safe space which is free from the discrimination and stigma often faced in less understanding environments.	Adults	2 nd Thursday of every month 3.15pm-4.45pm	Head Office - Estate Office, Greatham, Hartlepool, TS25 2HS Nicola Garrett nicola.garrett@hospitalofgod.org.uk (01429) 870247
Music Wellbeing, Hayley McKay	Music Wellbeing Hub	Darlington		The Forum Music Studios is a creative and cultural music hub based in central Darlington. I'll be working in partnership with them as lead mentor to deliver weekly mentor sessions. The sessions will be informal and relaxed and people will be encouraged and supported in music making as a way to help build confidence, collaborate and to creatively express themselves. At the start of every session, which will be limited to a group of 10, we will have group fun in interactive ice breakers. Attendees will be encouraged and supported to find their inner voice through singing and songwriting.	Adults	Tuesdays-afternoon 12.30 – 2pm	The Forum Music Studios, Borough Rd, Darlington Hayley McKay hayleymckaymusic@gmail.com 07500 832 715
Upper Teesdale Agricultural	Our Farming Futures	Teesdale & Weardale	Still running	This project will bring groups of young farmers and farm workers together on a monthly basis over the period of a full year, learning new skills	Young Farmers	Wednesday evenings-TBC Once per month,	9-11 Chapel Row, Middleton-in-Teesdale, Barnard Castle, Co. Durham, DL12 0SN Grace Crawford grace@utass.org

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
Support Services Ltd				and useful information that interests them and is relevant to their passion for agriculture.		weekday evening time (occasional weekend)	01833 641010/ 07462 855431
Chilton Town Council	Men Friday	Chilton	Still up and running 23.09.2024	<p>We provide safe and welcoming environment where men can meet, make friends and engage in activities to improve their mental health and overall well-being.</p> <p>We offer guided walks for groups to take part in exercise and socialise with other members of the group. Refreshments will be provided via a light lunch on their return from their walk.</p> <p>The walks will be plotted and risk assessed by Walk Durham but led by our project leader. We have worked closely with a partner in Ferryhill who have similar projects, there are volunteers within their group who have been actively volunteering and mentoring other people within the group.</p> <p>We will then engage participants in a range of activities which we will change regularly to meet the needs of the whole of the group and maintain interest.</p> <p>We will access local resources including Bowling green, tennis courts, football fields etc.</p> <p>Participants can then choose to go on to joining local groups run independently of our project.</p> <p>We will offer 4 social days out over the life of the project, as well as mindfulness activities and training, learning new skills such as crafts, I.T and healthy eating.</p>	Men	Fridays 10-2pm	<p>Chilton Town Council, Hutton House, Durham Road, Chilton, DL17 0HE</p> <p>Joanne Jones joanne.jones@chiltondurham-tc.gov.uk 01388 721788</p>
Ferryhill Ladder Centre	Wednesday Men	Ferryhill and surrounding areas		To provide a one stop place for men in the community to offer support, advice and guidance and activities and a service which will appeal to the male members of the community and give them a safe space and welcome environment where they can re-engage and feel valued.	Men	Wednesdays 10.00 – 2pm	<p>Nigel Jones Ferryhill Ladder Centre, 5-7 Coniston Road, Ferryhill, DL17 8EZ 01740 651639 nigel@ferryhillladdercentre.org.uk</p>
Blackhall Community Centre	You Eat we Heat	Blackhall		To provide a designated safe space in the community centre– for 3 hours each week. This will be a new idea and its an idea similar to Warm hubs except we have called it You Eat We Heat. We are prepared to host 40 people over a 3 hr slot – with a drop in facility being acceptable. We will offer refreshments, tea/ coffee , hot chocolate and a toastie and or cake.. On offer too there will be some social activities such as daily newspapers, crosswords, quiz, word search,Tv, movie – a craft table or just a comfy chair to chill in.	Adults	Thursdays 12-3pm	<p>Alison Paterson Blackhall Community Centre Hesleden Road, Blackhall, TS27 4LG 0191 5867396 alison@blackhallcommunity.co.uk</p>
DERIC Youth Bus Project	Creative Drop in	Bearpark & Surrounding		One day a week from 10am – 1pm open access for members of the community to come along enjoy a hot snack hot/cold drink, socialise, have	Adults	Thursdays 10-1pm	<p>Caroline Jackson DERIC Youth Bus Project 16 Beaurepaire Community Hub Bearprk Durham DH77DZ</p>

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
				<p>access to laptops/internet , help and advice and join in with arts and activities.</p> <p>A specialist instructor will lead arts sessions, engaging in arts helps people improve their mental health through creativity. Making art is a helpful tool helping many people express themselves without having to use words. The specialist instructor has a bespoke programme to deliver to a range of ages, for example people in later life can rebuild their social connections and extend existing support in their communities. Getting in touch with others helps in alleviating loneliness and isolation, art activities can help increase social interactions which can improve mood and wellbeing. Art engagement also alleviates anxiety, depression and stress. Our aims are to alleviate anxieties, loneliness, depression and signpost beneficiaries to other organisations if necessary.</p>			Dericproject2001@gmail.com 07808866887
Chilton Town Council	Craft Social	Chilton	No longer running				Joanne Jones Chilton Town Council Hutton House, Durham Road, Chilton, DL17 0HE joanne.jones@chiltondurham-tc.gov.uk 01388 721788
Daisy Arts	Art in Action	Newton Aycliffe/Bishop Auckland		<p>ART in ACTION Passion Creativity Purpose Arts and crafts doesn't just offer adults a new hobby or interest; it also boosts their wellness and lowers stress levels. "Arts and culture play an important role in community health care." ARTS COUNCIL SOCIAL PRESCRIBING</p> <p>Art in Action will be a series of 10 weekly sessions at three different venues between September 2023 and March 2024 with sessions open to all abilities – minimum 10, maximum 20 participants at each venue, with participants dipping in and out if necessary though we would hope that they would join with us for the journey. We will achieve engagement through art and all its wonder; a basic human activity that is in us all and used every day... it gives meaning to our lives and helps us understand the world. Our programme would offer a wide variety of arts-based activities to suit all, activities to stimulate and provide enjoyment to those taking part.</p>	Adults	Monday, Tuesday, Thursday	Jane Crawford POD 6, 42 Market Place, Bishop Auckland, DL14 6PD jane@daisyarts.org 07570 868605
Real Lives Real Choices	Articipants	Sacrison	Will still run funding dependent 18.12.24	To deliver a project that supports a gap for people with learning disabilities who have complex needs, additional mental health needs, risk issues and vulnerabilities that require a tailored, highly focused, community-based response. The project	Adults with Learning Disabilities and complex needs	Wednesdays 10-12	Alison Russell Real Lives Real Choices, Unit D, Old Coop Buildings, Plawsworth Road, Sacrison, County Durham. DH7 6PD alisonrussell666@gmail.com

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				will sit in a space that has overlaps between disability and participatory arts with activities that support arts and health, arts and mental health, well-being, quality of life and community inclusion.			07989 571106
Awarded 2023-24							
CALM In East Durham CIC	CALM Allotment Program	Peterlee West		<p>Our aim for the next 12 months would be to continue to develop the CALM Gardens with the following activities on a Saturday;</p> <ol style="list-style-type: none"> 1. Tutor lead development of the allotment, offering sessions on composting, pests, seasonal planting to name a few. The tutor would be on site each session to offer support and guidance to anyone who wishes to come and get involved. Our aim is to eventually have 16 fully actioned raised beds, 4 standing beds for those who cannot comfortably access the ground, fruit trees, herbs and a greenhouse full of salad produce. This will be offered to the volunteers free to take home to use as well as being used in the preparation of meals on site. Should there be surplus, (which we would expect), fruit and veg bags will be available for other members of our community to access through local food banks or on request on site. The lead on this part of the project is a gardener by trade as well as being a Yoga teacher, and has had an allotment for many years. CALM is now a member of the Heritage Seed Library, and we access a wide variety of interesting produce to grow. The allotment area requires further groundwork, equipment such as tools and especially water butts to make it efficient and so as part of this proposed project, we have secured £1500 of Neighbourhood budget from a local councillor. 2. Family Workshops will be offered on a monthly basis to engage with children and their parents and help them get a better connection with nature and food as a whole. We anticipate more nature workshops as we have been currently running as well as family cook days when produce is ready to eat. This will allow the children to pick their ingredients and then create a meal. One tutor for this project is a Ranger for the National Trust and the other works for Natural England working with volunteers. Both are offering time to support our work. 	Adults (children can attend with an adult)	Saturdays 10-4pm	Barbara Crisp The Old Bowling Green, Lowhills Road, Peterlee, SR8 2EA Calmineastdurham@gmail.com 07868269253

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
Teesdale Community Resources	Community Activity & Lunch	Barnard Castle		We currently provide a community lunch for older people in our area, which runs weekly on a Thursday from 12pm – 1.30pm. We recognise that for a lot of the attendees, this is often the only time they leave the house each week, and for some is the only time they engage in conversation with another adult during the week as well. Our community cook currently prepares them a two course homemade lunch, and we provide minibuss transport to and from the Hub for those people who cannot otherwise access the Hub (your comments regarding use of funding for transport is noted).	Adults	Thursdays 12-3pm	Rachel Tweddle Shaw Bank, Barnard Castle, DL12 8TD Rachel.tweddle80@gmail.com 01833 690150
St Teresa's Hospice	Creative Cafe	Darlington, Newton Aycliffe, Shildon, Barnard Castle. Durham Dales		The Creative Café is a weekly creative based therapy session for people living with a long-term condition or progressive illness, utilising art and social connection to improve wellbeing and quality of life. It is led by the hospice's Specialist Palliative Care Counsellor. Addressing people with long term health conditions, we aim to support their wellbeing through undertaking a creative activity in a supportive and comfortable environment alongside peers with the guidance and support of an experienced professional with mental health training	Adults with long term health conditions	Thursday 1-3pm	Julie Wood St Teresa's Hospice, The Woodlands, Woodland Road, Darlington, DL3 7AU juliewood@darlingtonhospice.org.uk 01325 254321
Just for Women Centre CIC	Emotional Resilience	Stanley		Just For Women Centre will provide weekly emotional resilience workshops to groups of six women to work through trauma, develop coping techniques, and build resilience. The project aims to provide a safe space for women to talk about their mental health, past experiences, and to receive mental health support. The course is comprised of four workshops, with each session lasting four hours, including a break for lunch. Lunch is provided by the onsite café where women can order from the menu a selection of soup, sandwiches, toasties, jacket potatoes etc. which provides an opportunity for women to be social, building friendships and a strong support network. The workshops cover dealing with compressed emotions, tools to cope with anxiety, techniques for building resilience, meditation, and yoga. The physical exercise element of this workshop promotes well-being and encourages women to participate in further exercise.	Women Survivors of Abuse	Thursdays 10-2pm Still running 30.01.2025	Linda Kirk Just for Women Centre CIC, St Josephs House, Thorneyholme Terrace, Stanley, DH9 0BL justforwomenscentre@yahoo.co.uk 01207 281145
Sarah Johnson Photography-Mindfulness	Click and Connect with Mindfulness	Newton Aycliffe		These sessions will be a relaxed space to gather together with others to offer a safe space to explore mindful techniques, meet new people and also learn a little more about photography.	Adults	Early evening for 1 hour, every other week	Sarah Johnson 54, Westmorland Way, Newton Aycliffe, County Durham. DL5 4LP sarah@sarahjohnsonphotography.co.uk

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and Photography	and Photography			The sessions will be an hour and include tea and coffee (and biscuits). These sessions will be available to anyone in the local area. The sessions will include practical tasks to help to reduce anxiety through mindfulness, tasters to meditations and also to learn about photography basics with a take home task to work on.		term time. Day tbc	07805 896498
The Well Methodist Church	Lets Cook Together	Darlington		We will work with Morrison Trust to offer certificated food hygiene courses, thereby improving confidence and employability. Our current intention is to offer a rolling programme of 6 week/half-termly courses (term-time only) each for up to 6 adult participants (plus children) Related supervised activities could be provided for younger children by suitably vetted Well staff and volunteers. Those completing the course would be awarded some cooking utensils and a certificate, and, subject to completing relevant food hygiene and safeguarding training, encouraged to volunteer on subsequent courses provided for other families. Volunteer opportunities to contribute to the other work we do in our kitchen could be developed, and, for those inspired towards considering a career in catering, connections with catering staff/teaching team at Darlington College could be used as a pathway to further discussions.	Adults	Tuesdays 4-6pm	Dr. Graham Bright The Well Methodist Church 164 North Road, Darlington, DL1 2EL graham.brightthewellmethodistchurch@hotmail.com 0792 7852038
Groundwork NE & Cumbria	Greenways to Wellbeing	Coundon		Sessions will provide vital opportunities for local people to improve their wellbeing by engaging in worthwhile activities where they can share experiences, develop their knowledge and skills whilst also increasing social interaction and reducing isolation. The project is based around our successful models, 'Youth Shack', currently delivered in Redcar/Cleveland and 'The Cabin', delivered in Darlington which are both designed around the '5 Ways to Wellbeing'.	Adults	Mondays 1-3pm	Lisa Taylor Groundwork NE & Cumbria Unit 14, Welbury Way, Aycliffe Business Park, Newton Aycliffe, DL5 6ZE Lisa.Taylor@groundwork.org.uk 07930 330 794
The Craft Cabin CIC	Mental Health Monday	Chester Le Street		This project will create a safe and welcoming space for families and our local community to come together and engage in activities that promote mental health and wellbeing. This space will be equipped with a variety of craft supplies and tools to enable participants to engage in a range of creative activities that are shown to have a positive impact on mental health. These activities will be led by Emma Marshall and another support worker, who are both experienced in working with people with mental health issues and are fully trained in safeguarding	Adults	Mondays 10-3pm	Emma Marshall 156A Front Street, Chester le Street, Co. Durham DH3 3AY info@artypartycraftcabin.co.uk 07734050472

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
				and mental health. This project will also include the recruitment and training of a volunteer who will support the project.			
GTD "Go The Distance"	No Future Now we Have a Future	Gilesgate-Sherburn Road-Sherburn Village-Sherburn Hill-Pittington-West Rainton	Still running 30.09.2024	We would like to break the mould here and step out of the box and help different underrepresented groups in Durham including LGBTQ+-women & girls-disabled girls-unemployed women create a ongoing activity at GTD including social skills-life skills- money matters-employment advice off professional teachers, helping this group to feel safe, secure, confident, motivated and disciplined to achieve a worthwhile course with and end goal without prejudice in County Durham. We would also like to use the power of sport to help them on their way with Pilates-tai-chi-yoga-Hitt classes and boxing training building confidence and discipline.	Adult Women, LGBTQ+, Disabilities,	Tuesday or Thursdays 6-8pm TBC	Paul Lysaght GTD "Go The Distance" Unit 27 E, Whitham House, Mandale Business Park, Gilesgate Durham paul@gothedistancecic.co.uk 07429156163
Sporting Force	Operation Grit	Based in Darlington with outreach across County Durham	No longer running				
RTPProjects	RTPProjects Crafty Cafe	Gilesgate		To deliver 52 weekly sessions of therapeutic creative activity alongside one to one mental health support. The Crafty Cafe Happiness Hub will run on Weds afternoons, from 1.30 – 4pm. There will be places for up to 12 people each session. We anticipate 30 people overall will attend over the period of the grant. The target group will be adults over 18 in Durham who are struggling with their mental health. The project will provide multiple opportunities for volunteering. The Crafty Café will offer activities such as singing, creative writing, painting, ceramics, printmaking, and song writing, and more. These will be facilitated by a bank of creative facilitators. The creative practitioners will teach creative skills using a combination of group demonstrations and one to one hands-on practical support to each individual in the group, depending on the activity and how people respond best to the teaching approach. The sessions will also be staffed by a mental health support worker who will be available to provide one to one support for all participants. Our mental health support workers are trained listeners who help individuals make sense of their feelings and find meaning in their story as they find ways to cope with their experiences. Participants will be supported with loss, anxiety, depression and other challenges that arise from modern humanity. Active listening is used to	Adults	Wednesdays 1.30-4pm	Emma Beattie RTPProjects The Open Art Surgery, 23 Mill House Court, Gilesgate, Durham, DH1 2JJ emma@rtprojects.org.uk 01913849745

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
				enhance wellbeing and build resilience. Active listening is not counselling – it allows the individual to explore their experience, however the 'Listener' can identify and can suggest other agencies to help when specific counselling may be needed.			
Community Hub @ Bishop Baptist Church	Community Hub @ Bishop Baptist Church	Bishop Auckland		We intend to keep the momentum of warm space going along and renaming it as Open House on Tuesdays and Thursdays ,The garden has a market stall in to store the food in such as bread and salads this allows other people to use the facility such as hospital staff who may feel a little embarrassed about using the facility .We also have at least two rough sleepers who are living out of our bins and so we leave any food we have cooked in tubs when safe to do so.	Adults	Tuesday, Wednesday, Thursday 10-3pm	Community Hub@BishopAucklandBaptistChurch Westfield Road Bishop Auckland Marion Hodgson crawfordclose@gmail.com 07791564101
Darlington FC Foundation	Think with Your Feet	Darlington		<p>The sessions have been well attended and targeted at those who are not working due to Mental Health challenges. We have linked with Kooth and have advertised our project through the local NHS as well as through Samaritans and MIND. In latter times, the NHS have brought a small number of inpatients from their mental health ward to join in our activities. This has been particularly successful as we have seen two patients who have been discharged from the ward, continue to come along to play after their release to aid their wellbeing. We also regularly have an NHS Care-navigator directing clients to come to our project.</p> <p>The Football Association states there are three key ways that football can help with Mental Health:</p> <ul style="list-style-type: none"> • Improving people's mental health • Creating social inclusion • Helping physical health 	Adults	Tuesdays 1-3pm	Darlington FC Foundation Blackwell Meadows, Grange Road, Darlington, DL1 5NR Barry Thompson Barry.thompson@darlingtonfcfoundation.org.uk 07946 549591
Tudhoe Community Centre	Tudhoe Cuppa Club	Tudhoe, Spennymoor		<p>Tudhoe Cuppa CLUB, which is a weekly drop in for adults to use Tudhoe Community Centre to get together on an evening for snacks, chat and a game of bingo.</p> <p>The drop-in attracts 12-14 regulars of mainly older residents, men and women. We would like to grow and develop the drop-in, offering access to advice and information such as health checks, crafts, access to fareshare food etc, working with our partners including wellbeing for life, age uk county durham and others. We will ensure there at least 4 advice and information sessions where partners are invited in to share and talk to project users. These sessions will be guided by the</p>	Adults	Thursdays 5.30 – 7pm	Tudhoe Community Centre St David's Close, Tudhoe, DL16 6TA Michael Fishwick michael@syaca.co.uk 07572043594

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				needs of project users and we will deliver more on demand.			
Our Space	Pelton Community Centre	Pelton, Chester-le-Street		Pelton Community Centre has always opened its doors to someone looking for a rest spot, a warm room, a cuppa or place to sit and chat, however this project allowed us to dedicate a day and time to being a warm space and encouraged people to use it. After a slow start we now see a regular group of people attending and benefiting in one way or another. Some pop in and out and pop in when they can, others are here every week without fail. We offer the room, and with funding, we purchased board games, mindfulness colouring, activities, knitting and more. We then provide refreshments and something to eat, nothing much, but usually something as a treat for those who attend.	Older People	Thursdays 10-4pm	Pelton Community Centre, Front Street, Pelton, Chester-le-Street, Co.Durham DH2 1DE Mrs Clare Robinson 01913700726 clare@peltoncc.org.uk
The Active Life Foundation	Your Wellbeing	Darlington		<p>The project will feature one session a week, through consultation and discovery of the need, a gentle Mat Pilates been identified as the initial activity.</p> <p>A feedback loop will be created and we will continually be in consultation with project beneficiaries to ensure the activity is co-designed and appropriate for their needs. Aiming to meet the clients' expectations and ensure engagement and retention.</p> <p>The need for a gentle mat Pilates has been identified through consultation we carried out in the local community as well as a need emerging through various inquiries, we received when delivering other projects.</p> <p>Refreshments will be provided at each session, with a 'social time', where clients will be encouraged to provide peer support and share their lived experience of mental health.</p> <p>The project will support the clients and also aim to enhance mental and emotional wellbeing through 5 ways to wellbeing at each session.</p>	Adults	Wednesday 10.30-11.30	The Active Life Foundation 31 Brunel Street, Ferryhill, Co. Durham, DL17 8NX Phil Seymour 07983531150 Phil.seymour@theactivelifefoundation.org.uk
Rose Cottage CIC	Wellbeing Wednesdays	Trimdon Grange & Surrounding Villages		We will be running a weekly wellbeing session for up to 16 people in a fun, warm and welcoming environment for the community of Trimdon and local areas. To enliven and empower people to improve their mental health, reduce social isolation, spark imagination and grow in confidence as they discover a new skill with a focus on creativity.	Adults	Wednesday 10-12.30	Rose Cottage Community Hub CIC Rose Street, Trimdon Grange, Co Durham, TS29 6EH Michelle Douglas-Allison 07977553356 michelledouglasallison@yahoo.co.uk

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Ferryhill Ladder Centre	Women's Ways to Wellbeing	Ferryhill, Chilton, Bishop Middleham, West Cornforth, Shildon, Newton Aycliffe, Trimdon, Durham area		Women's ways to wellness support group at the Ferryhill Ladder Centre. During this time, we have helped over 30 women from across County Durham (including Ferryhill, Chilton, West Cornforth, Bishop Middleham and Spennymoor to improve their health and wellbeing, be less isolated and more involved in their community. Referrals for this project have been excellent and continue to be received on a weekly basis. Funding for this project is coming to an end and we would like to apply for further funding to continue to grow this project. Over the last year we have identified volunteers from the group who are in the process of being trained and mentored to run the group in the long term, however at present this mentoring and training is incomplete and is a work in progress.	Women	Tuesdays 10-2pm	Ferryhill Ladder Centre 5/7 Coniston Road Ferryhill County Durham DL17 8EZ Louise Longstaff 01740 651639 louise@ferryhillladdercentre.org.uk
Live Well North East	Happiness Hub	Sacrison		Providing prevention, early intervention and quick action activities and support for adults to improve mental and physical health and wellbeing. We will deliver three weekly 'fitness with child play' sessions, two weekly 'cuppa time' sessions and a monthly SEND parent support session.	Adults	Sunday, Tuesday, Wednesday, Thursday, Friday 1pm- 2.30pm, 9.30- 11.30am, 4 – 5pm Still running 08.10.2024	The Live Well Centre, Unit 4 old cooperative workshops, Plawsworth Road, Sacrison. DH76HJ Emma Pattison 07530361626 emmalivewellne@gmail.com
Auckland Youth & Community Centre	Stay & Scrان	Bishop Auckland		The environment that this project will create will be a safe space that will be warm, friendly and supportive and works on a drop in basis. Staff are trained to listen to our users and signpost to services or bring services into the centre as and when needed. The project will deliver a variety of weekly quizzes, bingo, play your cards right etc. The emphasis will be on reducing isolation and improving mental and emotional health whilst encouraging healthy lifestyle choices.	Adults	Monday 5.30-7.30pm	Auckland Youth and Community Centre Walker Drive Bishop Auckland Co Durham DL14 6QL Joni Moore 07517657894 Joni.moore@aycclimited.co.uk
The Active Life Foundation	Active Minds	Darlington		The grant will create a safe sphere for clients aged 18+ to meet socially and participate in appropriate physical activities. Project personnel have mental health first aider qualifications and have experience providing necessary support, advice and signposting to wider services.	Adults	Fridays 1-2pm	The Active Life Foundation 31 Brunel Street, Ferryhill, Co. Durham, DL17 8NX Phil Seymour 07983531150 Phil.seymour@theactivelifefoundation.org.uk
Endeavour Woodcrafts	Eat Healthily and Live Well	Ferryhill, Newton Aycliffe, Sherburn, Gilesgate		We would intend to offer a fortnightly basic cookery class, explaining the benefits that healthy eating can offer physically, mentally and socially.	Adults with Learning	Thursdays 10-12	The Old Fire Station, Darlington Road, Ferryhill DL178EX Carole King

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				<p>We will explain the dangers when using kitchen equipment and how it can be used safely and offer reassuring compromises for their safety e.g., knife use on preparing vegetable or buying pre prepared or frozen vegetables, which can reduce wastage and ensure personal safety.</p> <p>Each week clients will be making a healthy meal and they will be given basic nutritional facts and explained the benefits of eating the foods we would cook, as well as giving basic budgetary information to ensure living within a budget is maintained. The meal would be prepared and then cooked by the end of the session. To increase social contact the food would be eaten together and further offer the chance for friendship and support networking.</p>	disabilities, Deaf clients		info@endeavourwoodcrafts.com 01740 657676
Jack Drum Arts	Feel Good Fridays	Crook	Hoping to continue project, awaiting outcome of further funding 08.04.2025	<p>Feel Good Fridays will run weekly during term time. Participants can take part in arts activities and/or volunteer in our community kitchen learning new culinary skills to provide meals for the rest of the group. We believe that good nutrition is essential to good mental health, which is why we'll be providing high quality, healthy food at each weekly session. This will also help to fight food poverty in the area, which is a significant issue for many of our service users with volunteers helping with setting up and assisting with sessions. Car sharing supports those with barriers such as lack of access to affordable transport or who live in areas with no regular bus service. We have a team of skilled and experienced arts and wellbeing practitioners who are passionate about promoting positive mental health through participation in creative communal activities.</p>	Adults	Fridays 12-3pm	<p>Jack Drum Arts St Cuthbert's Centre, Church Hill, Crook, DL15 9DN James Shepherd jamesb@jackdrum.co.uk 01388 765002</p>
Wheatley Hill Community Centre	Girls with Goals The Marras	Wheatley Hill		<p>We will provide a non-clinical safe space/support network in which individuals can come together and benefit from the simplest things of having somewhere to go; someone to talk to; someone to listen; something to do alongside their peers. We will involve the group to make their own decisions about activities they participate in. We will listen to their voice and encourage them to try new things.</p> <p>We will run groups in two different areas of the building at the same time. The areas will be inviting, accessible, safe and open to all. We will provide comfortable tables and chairs and an area to participate in an activity of the week. The</p>	The group is aimed at over 50's in the village and surrounding areas, we welcome everyone regardless of their background.	Tuesdays 10.30 - 12	<p>Wheatley Hill Community Association Greenhills Centre, Stephens Terrace, Wheatley Hill, DH6 3JS Tammy Best tammy.best@greenhillscentre.co.uk 01429 820214</p>

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				members will have opportunities to chat and have refreshments, make new friends, share stories and take part in activities that are physical and mentally stimulating. This will include gentle dance sessions, the arts, cooking, guest speakers and courses.			
Homegroup Wellbeing and Recovery	Horden Community Allotments	Horden		Horden Allotment aims to provide a safe space for users to develop skills, make new friends, discuss mental health and build support networks. As the existing allotment project has been successful so far we are predicting a drop in attendance due to the colder weather. Therefore we are applying to build a potting shed for users to gain shelter, have a cup of tea, store items and still be realistically attend the sessions even if the weather is poor. Currently Horden Allotment is open 2 days a week for group support. Providing an opportunity for people to discover new hobbies and express their creativity. The group is open to anyone, including those with disabilities or health issues. During these sessions, attendees have the opportunity to engage in gardening activities such as tending to raised bed areas, planting vegetables and flowers, as well as constructing seating areas and paths. This will not only provide attendees with new skills but also enable those who already have skills to teach others. We believe that this will create a safe space for users to develop skills, make new friends, discuss mental health, and build support networks.	Adults	Mondays 11.30am to 2.30pm & Wednesdays 9.30am to 1pm	Home Group Wellbeing & Recovery Services, Bluebell Hub, 48 Bluebell Close, Newton Aycliffe Allotment based in Horden Dean Whelan Dean.Whelan@homegroup.org.uk 07568107771
Horden Hub House Coalfields Regeneration	Horden Together Happy Together	Horden		We aim to provide warm, welcome and happy spaces every day of the week in Horden delivering positive outcomes for adults experiencing mental health issues, enabling them to live a happier, healthier and safer lives. Ideally many will take on voluntary roles within the welcome spaces and beyond, improving skills and confidence. The project will support physical and emotional wellbeing and mental health through the provision of these weekly activities that will be open to anyone on an ongoing basis. They can be referral or drop in based and will contain a mixture of activities to meet the needs of the groups.	Adults	Monday – Friday Various times	Horden Hub House-Coalfields Regeneration Trust, 54 Seventh Street Horden Paula Snowdon 01914473340 Paula.snowdon@coalfields-regen.org.uk
A.I.M.S (Active Inclusive Motivational Steps)	Mugnificent Mornings	Peterlee and surrounding areas		The new session will be built around a specific activity with the emphasis on social interaction around, reminiscences and shared experiences. Activities will include Dene walks, Dancing, arts & crafts, book reviews, small board games, darts, dominoes, bingo, quizzes tournaments etc. In	Adults	Thursdays 10.30 – 12.30pm	A.I.M.S (Active Inclusive Motivational Steps) The Pavilion, Helford Road, Peterlee SR8 1ER Diane Morton 07565012421 aimspeterlee@outlook.com

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				<p>addition to this we will provide on a quarterly basis, outside speakers, visits to other established groups e.g. Community Garden/Allotment club, Woodhouse Park, as well as discovering local amenities and places of interest, as decided by the group members.</p> <p>The areas we will cover will meet the needs of the moment such as mental health, dementia, cost of living crisis, loneliness, and other local issues. Instigating the formation of 'Mugificent Mornings'</p> <p>We will use the established staff who are the Health & Wellbeing team, Catering staff, and physical activity coaches along with members of the AIMS committee. These together with our volunteers have undergone DBS checks and completed foundation courses in such things as health & safety, Food Hygiene etc. Durham Community Action Training offers a range of courses some of which are web based and we can invite any interested individuals to attend as a class. The sessions will be mainly facilitated by volunteers who are very important to the success of the project. In the past, we have had clients who have developed through empowerment to become volunteers that now actively participate and deliver a range of activities. They have been guided and encouraged to develop their social skills through individual support and where necessary training.</p>			
Randoms Retreat	Randoms Retreat Happiness Hub	Consett		<p>This project is aimed at creating safe and welcoming spaces where community members can connect, find support, and enhance their happiness and wellbeing. Activities include Forest School to connect with nature, rewilding initiatives for ecological conservation, equine learning for personal resilience, and horticulture for mental health benefits. The hubs are open to all community members, fostering social bonds and promoting healthier lifestyles. We believe in the healing power of nature and we know from experience that activities within nature allow individuals to open up about their experiences and talk about their challenges in a safe space.</p>	Adults	Tuesdays 10-1pm	<p>Randoms Retreat, 45 Denecrest, Medomsley, Consett, Durham, DH8 6PY</p> <p>Mandy Kelly 07586714493 mandy@randomsretreat.co.uk</p>
Real Lives : Real Choices	RecycLD Shabby Chic Mens Shed	Chester le Street	Still running 18.12.24	<p>We would like to deliver a project that draws from the successes and learning of previously delivered programmes in furniture upcycling that we know is deliverable within the physical spaces</p>	Adults with Learning Disabilities	Thursdays 1-3pm	<p>Real Lives : Real Choices Unit D, Old Coop Buildings, Plawsworth Road, Sacriston, DH7 6PD</p> <p>Alison Russell</p>

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				and workshops we can access, staff skill sets and supports a gap for people with learning disabilities who have complex needs, additional mental health needs, risk issues and vulnerabilities that makes other mainstream services and services for people with learning disabilities the incorrect approach. The proposed project is a Men's Shed within the men's shed model with activities framed around furniture upcycling and restoration, tabletop metal working, large scale knitting and sewing to create repurposed pieces such as bespoke aprons and toolbelts.			07989 571106 Alisonrussell666@gmail.com
Harbour Support Services	Safe Space Getting Together	Durham, Darlington, Stanley		An effective way to help women and families to develop life skills, extend their community and support networks, and most importantly, increase their self-esteem and mental wellbeing is to provide opportunities for women to engage in social interactions with others who have had similar experiences. This is supported by previous interventions, providing peer support and therapeutic activities which have generated overwhelmingly positive feedback	Women	Tuesdays Durham City: 10.00 to 12 noon Stanley: 13.00 to 15.00 Darlington: 10.00 to 12 noon	Harbour Support Services 64 Duke Street, Darlington, DL3 7AN Rachael Leech rachaelleech@myharbour.org.uk 07584124834
Think Positive PACT House	The Black Dog Reading Group	Stanley, Consett	No longer running but they do offer a book club 22.10				Pact House Cemetery Office, Off East Parade, Stanley DH9 0PS Jay Brewis info@thinkpositivedurham.org 01207 280407
Darlington Baptist Church	Think of Yourself	Darlington		We are seeking to extend our service to help more people in the community who struggle with isolation, loneliness, boredom which affects their mental health . In particular, we want to offer a service in the evening and at the weekend. These are the times that are the most challenging for people at a low ebb as there are no other services operating in the locality. Partnering with Darlington Football Foundation (DFCF), who have been awarded funding from Happiness Hubs for a partner project "Think with your feet", and using the sports hall and games room in our building, we want to develop two indoor sports activity sessions . One, midweek in the evening and one on a Saturday morning. Activities can include Badminton, Pool, Table tennis, darts, and board games, even Xbox. There may also be an associated walking group.	Adults	Thurs Evening and Sat Morning 7pm-9pm and 10am-12 noon	Darlington Baptist Church, 636 Grange Road, Darlington Barry Thompson 07496 549591 Barrythompson@darlingtonbaptist.org
Waddington Street	We Just Want to Have Fun	Durham City, North Durham	Still running as of 11.02.2025	We want to offer a range of internal and external activities which focus on fun, learning and social inclusion. We are all about groups and bringing	Adults	Variable	Waddington Street Centre, 3 Waddington Street, Durham, DH1 4BG Ali Lee

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				people together. Many people who struggle with their mental health can end up socially isolated and disconnected from others. This leads to decreased motivation and poor self-esteem. Everyone benefits from being around like-minded people and having interesting things to do. Our team member who used to coordinate this has moved into a new and busy role. We want to give additional hours to another colleague so that they can focus on working with our members to develop and deliver a range of fun, social activities. We have not been able to focus on this recently and our members have asked if we can do more in the future.			0191 386 0702 alee@waddingtoncentre.co.uk
St Helen Auckland PCC	Weekly Sessions to Improve Wellbeing	St Helen Auckland	Still running 29.04.2025	<p>We would meet in the Ark – the new extension for community use to the rear of the Church.</p> <p>Initially our thoughts are to run fun Bingo, Domino sessions, Simple Crafts, Relative Guest Speakers who can discuss local topics of interest with the Group, we will contact Wellbeing for Life to come along and chat to the group around mental health and wellbeing issues also healthy lifestyle topics such as healthy eating.</p> <p>We will also provide a chit -chat group with tea, coffee and refreshments, allowing people to mix socially and make new friends as we know that there are a lot of isolated elderly in the area and the addition of the new Believe bungalows may also increase the need for such groups tackling isolation and also improving their mental wellbeing being able to chat to others and also being signposted to other services if the need arrives.</p> <p>The aim will be to improve the wellbeing of the people attending by getting them to join in and improve their contact time with others thus improving both their wellbeing and mental health.</p>	Adults		St Helen Auckland PCC, The Ark, St Helens Church, Manor Road, St Helen Auckland Pat Bake 07951431276 Patbake1@gmail.com
St Pauls Centre Spennymoor	Wellbeing Fridays	Spennymoor	Still running 23.10	The aim of the project is to offer a safe space for social and mental wellbeing support. This will be done by offering light lunch/refreshments, fun games like singing bingo and various activities based around people's wellbeing. We will be engaging with Well Being for Life to offer stress management and mindfulness sessions to help people cope better and put strategies in place to help manage daily struggles. These could be fun sessions based around having an introduction to mock cocktails, hand massages and various tea	Adults	Fridays 12-3pm	St Pauls Centre Spennymoor, St Pauls Gardens, Spennymoor DL16 7AA Laura Birkin 07833087784 laura.birkin@nhs.net

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				tasting sessions. It would also include some gentle form of exercise like seat based or yoga. The GP Surgery staff including Care Co-Ordinator's and Social Prescribers will also attend to offer support and make people aware of what is available to them in the community and support for in their home if needed.			
Beyond Limits	Wellbeing Project	Butterknowle		<p>We work with people who are vulnerable for various reasons, be that poverty, ill health, bereavement, social isolation, family issues, addiction, or any number of reasons that can cause a person to need support. Because of this we often see people at their lowest ebb, and in severe situations. Whilst we will always do everything we can to help that immediate situation and solve a problem, such as providing emergency aid, giving shelter to someone, etc we want to address the whole situation, the cause, not just the symptom. This is why we run so many different events, classes and sessions to give people a social network, a chance to get out and about, a chance to learn new skills, to have new experiences, and to give them a boost, hopefully improving their mental health and their overall situation.</p> <p>One of the ways we like to do this is our Thursday sessions with music therapy. One of our wonderful music tutors comes along and plays a song which we all work together on and get the most amazing feeling of joy singing and laughing together as we muddle our way through. It is a wonderful hour together and people go away really lifted and feeling like they have achieved something.</p>	Adults	Thursdays 1-2pm	<p>Beyond Limits, Sadler's Farm, Butterknowle, Bishop Auckland, County Durham, DL13 5JN</p> <p>Siobhan Viggars 07733366925 Siobhanviggars.bl@gmail.com</p>
Quaking Houses Village Hall	Woman Hub	Stanley	Still running 08.04.2026	We are planning to set up an adults skills & socialising group to help re-engage members of the community post covid. The group will meet weekly and be accessible to all. It will offer members of all abilities the chance to take part in a group learning new crafting skills. The aim is to help re-engage members of the community who have been reluctant to take part in activities since the covid pandemic. We are hoping that this group will help to increase confidence and build resilience in members of our community.	Women Adult	Thursdays 6-8pm	<p>Quaking Houses Village Hall Association Second Street, Quaking Houses, Stanley DH9 7HQ</p> <p>Vicky Walton 01207283016 ghvhad@gmail.com</p>

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Big Chef Little Chefs	Wood & Wellness	Bishop Auckland	133	<p>The aim of the project is to engage the community in an activity that will reduce isolation whilst improving social, emotional and mental health. Increasing confidence, self-belief and widening social connections of beneficiaries, this will thus boost mood, reduce anxiety and stress. The project also aims to upskill beneficiaries which may lead to a new hobby or career path.</p> <p>This project will focus on making simple wood products and run for 18 months. We will offer food and refreshments at each session. All who attend will be able to engage as there will be many branches to the project such as - design, measuring, cutting, sanding, painting, advertising etc. Roles can be adapted to meet the beneficiaries' interests and talents.</p>	Adults	Fridays 1-3pm	<p>Little Chefs Big Chefs, Registered address: 10 Bedford Place, Bp. Auckland, DL14 6TQ</p> <p>Joni Moore 07517657894 joni@littlechefsbigchefs.org.uk</p>
Woodshed Workshop CIC	Woodshed Whittlers	Sacrison	Still running 11.03.2025	<p>We would like to run two two hour sessions on a Friday focussing on men aged 55+. We will provide a supported social environment where people can come and work on structured projects together or work on individual projects. Designed to accommodate different needs we will offer two approaches. There will be a group membership style approach and for those who feel more comfortable with an individual approach there will be a different style to access the project. On a practical basis this means the downstairs areas of Woodshed Workshop will be allocated to those seeking a group work experience, and workbenches in the upstairs area will be allocated for those who seek a safe and welcoming space away from the group approach, with intermittent access to a woodwork technician or supervisor for practical assistance and safe working practices, safe use of tools, set-up of the CNC Router machine and specific woodworking techniques / tips. The sessions will be low in numbers for safety, meaningful engagement, managing risk, safeguarding, meeting the distinct needs of the</p>	Men 55+	Fridays 10-12 1-2pm	<p>Woodshed Workshop CIC, Unit F, Old Cooperative Buildings, Plawsworth Road, Sacrison, County Durham, DH7 6PD</p> <p>Faye Buxton 0191 3371943 woodshed.workshop.sacrison@gmail.com</p>

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				group members and will be designed to build confidence, self esteem, develop current skills or learn new ones, and provide a safe social space with like minded people			
Durham Christian Partnership	DCP Wellbeing Hub	Chester Le Street	No longer running although other activities has taken its place				Durham Christian Partnership, Unit 7/9 First Avenue, Drum Industrial Estate, Chester-le-Street DH2 1AG Peter MacLellan 07758 400128 peter@durhamcp.org.uk
Bridge Creative	Friendship Fridays	Bishop Auckland	Still running 11.03.2025	Friendship Fridays serve as a great follow-on for people who have been receiving support through our KPC service. Once we've worked with people to build up their confidence and make friends online, we encourage them to develop these friendships in person by attending Friendship Fridays. People then begin to rely on the friendships they have developed, calling on their friends for support, and rely less on staff, giving them more independence, better social interaction and improve mental and emotional wellbeing.	Adults - LD	Fridays 3.30-5pm	Bridge Creative Enterprise CIC, The COSE, 1 Dorset Place, Bishop Auckland, County Durham, DL14 6 TH Ben Tinkler 07984516038 bridgecreative@outlook.com
Spennymoor Youth and Com Ass	A Centre for Wellbeing	Sedgefield North		As part of our Centre we offer three wellbeing groups; Monday morning Breakfast Buddies for men, The Monday afternoon group for older female residents (though open to all ages and genders) and our Survive and Thrive Thursday group open to all adults. These are weekly wellbeing support social groups, particularly for adults with lived experience of isolation and mental health problems.	Adults	Monday Breakfast Buddies: 10am-12noon; Monday Afternoon Group: 1pm-3pm; Thursday Survive Wellbeing Group 1pm-3pm	Spennymoor Youth and Community Centre, Rushmoor, Merrington View, Spennymoor, DL16 6PP Michael Fishwick 07572043594 michael@syaca.co.uk
CALM in East Durham CIC	CALM Community Hub	Easington Central		CALM drop in Hub, will be weekly sessions, over 2 days, based in CALM's Good Karma Kitchen and garden area. Our aim is to offer practical advice on a Wednesday morning to members of our community who would like support with employability, nutrition and diets, housing, and financial management. The session would be from 10am to 1pm, providing simple food and drinks and a friendly ear for those who want to just come and chat. The second session would be a Sunday from 11am – 4pm, where CALM would offer social sessions to come and relax, make friends and gently build emotional and mental resilience through creative activities. This would alternate	Adults	Wednesday 10-1pm Sunday 11-4pm	CALM in East Durham CIC, Broomholme, Stockton Road, Easington Village. SR8 3AZ. Site address – The Old Bowling Green, Lowhills Road, Peterlee. Barbara Chrisp 07868269253 Calmineastdurham@gmail.com

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				between creative arts and gardening, offering a quiet safe space and friendly support.			
The Craft Cabin CIC	Community Hub	Chester le Street		The community hub will improve the physical, emotional, and mental wellbeing of adults in County Durham. This project will offer a range of weekly activities that are open to all, without requiring pre-booking. Collaboration with local VCSE organisations, GPs, social prescribers, and schools will ensure that those in need of support can be referred to our services effectively.	Adults	Thursdays 12-2pm	The Craft Cabin CIC, 156A Front Street, Chester le Street, Co. Durham DH33AY Emma Marshall 07734050472 info@artypartycraftcabin.co.uk
Awarded 2024 -25							
Randoms Retreat	Conservation & Connection	Derwentside		This project is a 12 month initiative designed to improve the mental health and wellbeing of our community, particularly those with mental health issues, disabilities and living in poverty. This project offers a diverse range of activities that combine artistic expression with physical activity and environmental stewardship, fostering a holistic approach to mental health and community engagement.	Adults	Wednesdays 12-2.30pm	Randoms Retreat, 45 Denecrest, Medomsley, Consett, Durham, DH8 6PY Mandy Kelly 07586714493 mandy@randomsretreat.co.uk
Easington & Sedgefield & Dales Wellbeing & Recovery Services	Durham Mental Wellbeing & Recovery Services	Easington Central		The Wellbeing Groups are a fantastic initiative for customers, volunteers, and local residents, the groups will provide an opportunity to socialise and develop new relationships in a relaxed and safe environment. Customers are encouraged to form their own support groups and networks and are welcome to attend whenever they wish, even outside of prearranged group sessions. Drop-in groups: The Wellbeing groups will offer a range of activities including learning courses, arts and crafts sessions, and guest speakers. Attendees are provided with free refreshments and offered Adhoc support for attending appointments and achieving personal goals. Fitness for Fun: Group exercise is a great way to foster a sense of belonging, motivation, empathy, and resilience. It is invaluable for improving our customers' mental health. Out & About day trips for our customers to explore new places, overcome isolation, and improve their quality of life by including them in activities that will improve social inclusion within the community. Allotments: Provide an opportunity for people to discover new hobbies and express their creativity.	Adults	Four drop-in sessions per week Three Fitness for Fun sessions Five Allotment sessions per week Two Out & About sessions per month	Easington & Sedgefield & Dales Wellbeing & Recovery Services, Home Group, Home Housing, Mercury House, Belmont Industrial Estate, Durham, DH1 1TW Dean Whelan 07796329517 dean.whelan@homegroup.org.uk
Go the Distance CIC	GTD MH Hub using boxing as a vehicle for change	Durham West		The GTD Mental Health Hub is a community initiative designed to provide a supportive environment for individuals from all backgrounds to discuss mental health issues and engage in therapeutic activities. Held every Wednesday from	Adults	Wednesdays 4-6pm	Go The Distance CIC, Witham House, Mandale Business Park, Belmont DH1 1TH Christopher Taylor chris@gothedistancecic.co.uk

Project Provider	Project Name	PCN Area	Status	Funded Project	Target Audience	Day/ Time	Contact Details
				4pm to 6pm, the sessions will offer a blend of mental health advice and physical activity using boxing as a vehicle for change, facilitated by experienced coaches and mental health professionals. The primary goal is to create a safe space where participants can share their experiences, gain valuable insights, and improve their mental well-being through both dialogue and physical exercise.			
RTPProjects	Men's Shed	Claypath, Durham East, Durham West		The Men's Shed workshops will provide a weekly, 3-hour safe space for men to engage in creative activities and discuss their mental health. Located in Gilesgate, Durham, these sessions are designed for local men facing mental health challenges. Over the year, we'll conduct 48 workshops. During sessions, men will participate in various creative activities, including music, woodcarving, painting, sculpture, photography, and printmaking. Participants will learn to use art as a form of expression and a tool for promoting good mental health.	Adult Men	Saturday or Sunday 11-3pm	RTPProjects, The Open Art Surgery, 23 Mill House Court, Gilesgate, Durham, DH1 2JJ Emma Beattie 01913849745 emma@rtprojects.org.uk
Tyne to Summit	Hike Club	Durham		Tyne To Summit will launch a community hiking club that operates on Saturday mornings over an 18-month period. The project will facilitate a monthly hike for up to 25 people, each designed to progressively build participants' hiking skills and endurance. This phased approach ensures that individuals of varying fitness levels can safely increase their hiking abilities, making outdoor activities more accessible and enjoyable.	Adults	Saturdays 10-12noon	Tyne to Summit CIC, 18 Pear Tree Way, New Hartley, United Kingdom, NE25 0GL Scott Gillian 07914150894 tynetosummit@gmail.com
PACT House Stanley	Social Sunday and Chatty Tuesday	Stanley/Consett		The sessions will include looking after your own well-being and mental health, drug and alcohol use, smoking cessation, physical health, general advice sessions covering housing, benefits etc.	Adults	Tuesdays and Sundays 4-6pm	PACT House Stanley, PACT House, 39 Front Street, Stanley DH90JE Darren McMahon 07941139595 pacthousestanley@outlook.com
Teesdale Day Clubs	Teesdale Activity Gatherings (TAG)	Various but including Barnard Castle, Cotherstone, Evenwood, Mickleton, Middleton, Startforth.		To run a varied programme of activities, at different times of the week, to appeal to as wide a range of audience as possible. Some have been trialled already and as part of this project, we will be taking learning from this, introducing these activities in different venues and communities to test viability there. <ul style="list-style-type: none"> • Book Club – a monthly sharing of readings at various venues across Teesdale – weekday evening • Open Mic – events that encourage people to share their hidden musical or spoken talents – weekday evening 	Adults	Various through the week and weekends, day and evening	Teesdale Day Clubs, Woodleigh, Flatts Rd, Barnard Castle DL12 8AA Andrea Hobbs 07899 790126 Andrea.hobbs@teesdaledayclubs.org.uk

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				<ul style="list-style-type: none"> • General Reminiscence Activity – Gathering, sharing, and recording stories from the past • Cinema and Pantomime outings – evenings or late matinees through the winter depending on the availability of tickets • Summer outdoor activities – a series of taster sessions for people who want to try something adventurous but have no one to go with – weekday or weekends depending on participants and leader availability 			
The Cornforth Partnership	The Together Project	West Cornforth		The Partnership would like to provide x2 dedicated days of community health and wellbeing activity within the community of Cornforth, utilising local community venues and resources. The sessions will be open to all adults aged 18 plus within County Durham with a main focus on Cornforth and its surrounding communities. It will build upon our existing offer of social activity for adult residents and allow us to specifically support adults suffering with poor health and wellbeing.	Adults	Every Weekend	The Cornforth Partnership, Cornforth House, 66-70 High Street, Cornforth, Durham DL17 9HS Tony Cutmore 01740 652000 tony@cornforthpartnership.org
Green Arts CIC	The Write Place	Newton Aycliffe		We will launch and sustain a community hub which has wellbeing and writing at its core. Creativity can support people to feel inspired, hopeful and build confidence through learning new skills. As writing is an exceptionally low cost activity, through support and signposting, we would like to offer this activity to the people of Newton Aycliffe and the surrounding areas and nurture a love of reading through a light-hearted book-club.	Adults	Wednesday 2 hour session between 11 – 4 (This is flexible but 10 – 12 initially)	Green Arts Newton Aycliffe Community Interest Company, Eco Centre, Newton Aycliffe, DL5 5AG Laura Towns 07986 209995 info@green-arts.co.uk
Tudhoe Community Centre	Tudhoe Cuppa Club	Tudhoe, Spennymoor		Tudhoe Cuppa CLUB is a weekly drop-in for adults to use Tudhoe Community Center to meet on an evening for snacks, conversation, and a game of bingo. It was tested throughout the winter months by our staff and volunteers.	Adults	Thursdays 5.30-7pm	Tudhoe Community Centre, St David's Close, Tudhoe, DL16 6TA Danielle Clark 07494315281 Danielle@syaca.co.uk
Aspire Learning, Support and Wellbeing	Welcoming All Seasons	Chester le Street		Using the 4 seasons as a foundation 'Welcoming All Seasons' will focus on different times of the year, the changes it may bring, positive actions and future planning, linking growth in nature and personal growth. It will subtly introduce emotional and mental health resilience in a weekly session.	Adult Women	Mondays 12.30 – 2.30pm	Aspire Learning, Support & Wellbeing, Aspire House, rear of front St Chester le Street . DH3 3AW Val Kilner 01913891504 valkilner@aspire-northeast.co.uk

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				The 5 ways to wellbeing will be embedded throughout which are widely recognised as having a positive impact on mental health and wellbeing.			
Rose Cottage Community CIC	Wellbeing Fusion	Trimdon Grange		Wellbeing Fusion is a holistic wellness initiative designed to enhance the overall wellbeing of participants through a mix of physical, creative, and mindful activities. Our project combines physical activity, mindfulness practices, personal development workshops, and creative crafts to create a comprehensive and supportive environment for personal growth and mental health improvement.	Adults	Wednesday 13:30 – 15:30 & Thursday 10 - 12	Rose Cottage Community Hub CIC, Rose Street, Trimdon Grange, Co Durham, TS29 6EH Michelle Douglas-Allison 07977553356 michelledouglasallison@yahoo.co.uk
Real Lives Real Choices	Supported Volunteering Group	Chester le Street		We will run a weekly supported volunteering opportunity at our base in Sacriston; where people with learning disabilities can develop a range of skills in a supportive environment. The sessions would be weekly with people volunteering in a public facing space including retail, customer service, café and serving skills.	Adults with Learning Disabilities	Wednesdays 10-12 and 1pm-3pm	Real Lives Real Choices, Unit D, Old Coop Buildings, Plawsworth Road, Sacriston, DH7 6pd Alison Russell 07989571106 Alisonrussell666@gmail.com
Beyond Limits	Beyond Limits Mental Health Hub	Butterknowle		Friday from 9am to 3pm at our Butterknowle facility. This hub will provide a safe and welcoming space for individuals experiencing mental health challenges, social isolation, and financial stress.	Adults	Fridays 9-3pm	Beyond Limits, Sadler's Farm, South Side Butterknowle DL135JN Susan Saddler 07861714779 beyondlimitscharity@googlemail.com
Weardale Together CIC	Creative Roots	Weardale		Our <i>Creative Roots</i> programme of free crafts is a key element of our offer to our community; offering a free weekly drop in crafts session to our community. We believe wholeheartedly in the benefits of creativity upon wellbeing. We work to remove barriers to creativity as far as possible and so the crafts are held in the heart of the cafe and are drop-in sessions with no booking or payment required.	Adults	Thursdays or Fridays 10-1pm	Weardale Together Community Interest Company, 3 East Blackdene, St. John's Chapel, DL13 1RE Cath Robson 07780505973 cath@weardaletogether.org.uk
East Durham Trust	Energiser Café – Volunteer Entry	Peterlee, Easington and Horden		Energiser Cafe, a weekly community engagement programme focused on Climate Action, Environmental Awareness, and Community Energy. The programme will provide a safe, welcoming social space that supports physical and emotional wellbeing, and mental health by engaging participants in positive, structured activities with a focus on skill-building, confidence, self-esteem and social connection.	Adults	TBC	East Durham Community Development Trust Ltd, Community House, Yoden Road, Peterlee, SR8 5DP Graham Easterlow 0191 5693511 graham.easterlow@eastdurhamtrust.org.uk
The Allotment Project	Growing Together	Waterhouses		The Allotment Project is a new community initiative targeting adults with mental health issues, operating from 12 noon to 4 pm and supporting up to 15 adults per session. The project aims to provide a welcoming, safe, and	Adults	Mondays 12-4pm	The Allotment Project, 12 High Street North, Langley Moor, Durham, DH7 8JG Charlotte Glendinning 07432134767 theallotmentproject@hotmail.com

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				inclusive environment, promoting mental well-being through social interaction, access to nature, and physical activities.			
Durham Deafened Support	Hear to Support	Horden		The "Hear to Support" project will enhance the lives of individuals with acquired hearing loss in County Durham by providing vital communication skills training and social engagement opportunities. DDS has a proven track record of effectively supporting individuals with hearing loss. This project directly addresses the social isolation, loneliness, and mental health challenges that are commonly associated with hearing loss.	Adults affected by acquired hearing loss	Tuesdays and Wednesdays 10-12, 10.30-12.30	Horden Social Welfare Centre, Seventh Street, Peterlee SR8 4LX Donna Balmer 01915183358 admin@ddsupport.org.uk
Endeavour Woodcrafts CIC	Lets Get Moving	Ferryhill		Endeavour Woodcrafts CIC will offer a gentle chair based, wheelchair or standing weekly one hour exercise class as an introduction to the benefits of leading a healthy life and moving more!	Adults with Learning Disabilities	Mondays 10.30 – 11.30	The Old Fire Station, 82 Darlington Road, Ferryhill, Co Durham DL178EX Carole King 01740 657676 endeavourwoodcrafts@tiscali.co.uk
Music Mind	Music Mind	Darlington		Music Mind enhances people's lives and wellbeing through the joy of music. These will be drop in sessions.	Adults	Wednesdays 11-12	The Forum Music Studios, Darlington Hayley McKay 07500832715 hayleymckaymusic@gmail.com
Nuvo Wellbeing	NuConnections	Sherburn		We will be delivering a series of Physical Activity and Wellbeing support sessions in partnership with Pelaw View Centre. These sessions will provide accessible, community-led opportunities for local residents to engage in activities that support both physical and mental wellbeing.	Adults	Wednesday afternoons	Wynyard Business Park Wynyard Avenue, Wynyard Park House, Billingham TS22 5TB Natalie Jones 01642 566511 natalie@nuvowellbeing.com
Ludworth Community Association	Sunday Lunch Club	Ludworth		The Sunday Lunch Club will be a weekly session from 9am till noon to encourage those who are socially isolated to meet up for a friendly get together. We recently held a Slow Cooking Course which proved us with the realisation that there is a need for a club like this as it provided social interaction. Strangers started to share their own very personal problems in a safe, supportive environment as well as learning how to cook.	Adults	Saturdays 9 - 12	Ludworth Community Association, North View, Ludworth, DH6 1NF David Woods 07522139211 Woodsdavid1954@gmail.com
Aspire	Spectrum	Chester le Street		The group would offer a positive social forum where our holistic health, trauma informed approach is mindful of the additional pressures neurodivergent women can face daily. Encouraging them to feel they belonged, and valued not only at Aspire but in wider society.	Neurodiverse Women	TBC	Aspire House, Rear of front St Chester le Street Val Kilner 0191 3981504 valkilner@aspire-northeaast.co.uk
Darlington & District Hospice	Wellbeing for Happiness	Darlington and surrounds including Newton Aycliffe,		Exercise-based wellbeing sessions delivered by the hospice, open to anyone diagnosed with a life-limiting illness and / or progressive long-term	Adults with long term	TBC	The Woodlands, 91 Woodland Road, Darlington, County Durham DL3 7UA Diane Goodwin

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Movement (aka St Teresa's Hospice)		Shildon, Barnard castle, Durham Dales		health conditions, at our onsite Woodlands Wellbeing Hub in Darlington. These have been developed by our palliative care team working in partnership with service users and specialist exercise therapists. The programme aims to enhance physical and psychological wellbeing through movement, exercise and social contact.	health conditions		01325254321 DianeGoodwin@darlingtonhospice.org.uk
CALM in East Durham CIC	Saturday Community Drop-in Hub	Peterlee and surrounding villages		CALM Saturday drop-in will be a weekly session, based in CALM's Good Karma Kitchen and garden area. The project will extend our current Wednesday and Sunday offering in our recently approved CALM Community Hub which offers advice on a Wednesday morning to members of our community who would like support with employability, nutrition and diets, housing, and financial management and Sunday craft sessions	Adults	Saturdays 9.30 – 4pm	Broomholme, Stockton Road, Easington Village. SR8 3AZ. Site address – The Old Bowling Green, Lowhills Road, Peterlee Barbara Chrisp 07868269253 Calmineastdurham@gmail.com
Daisy Arts	Artful Lads	Spennymoor		ARTFUL LADS: an innovative community project delivered in collaboration with Spennymoor Football Club and ManHealth and Bishop Auckland College, addressing mental health and well-being among men in the Spennymoor area through the power of artistic expression. By combining creative arts with peer support, Artful Lads will provide a safe and inclusive environment for men to explore their creativity, build connections and enhance their mental well-being.	Adults	Wednesdays TBC	Pod 6 42, Market Place, Bishop Auckland, County Durham DL14 7pb Dawn Belshaw 07570868605 dawn@daisyarts.org
Teesdale Day Clubs	Woodland Development - expanding our lunch club service in DL13 5	Butterknowle/Woodland		This project will strengthen community cohesion, by expanding our Woodland activity in the DL13 5 area which comprises a wide geographic spread of farms, hamlets and villages, by running our existing weekly Woodland lunch club across 2 venues. It will increase the social network of isolated and lonely adults in one of the most rural areas of Teesdale, improving wellbeing, reducing loneliness and isolation, and prevent people from being at risk of isolation and potential resulting ill health and anxiety.	Older People	Mondays 11-2pm	Woodleigh, Flatts Road, Barnard Castle DL12 8AA Andrea Hobbs 01833 695822 Andrea.hobbs@teesdaledayclubs.org.uk
Real Lives Real Choices	Coop Cookery Club	Sacrison		A weekly cookery school for adults with learning disabilities. Cookery sessions will focus on preparing and cooking affordable healthy meals from simple ingredients and using basic equipment. We will also focus on how our food choices can affect mood and overall physical health. Our session planning and delivery will integrate the understanding that food and wellbeing needs a holistic approach so will	People with learning disabilities and complex needs	Fridays 10-1pm	Unit D, Old Coop Buildings, Plawsworth Road, Sacrison, County Durham. DH7 6PD Alison Russell 07989 571106 alisonrussell666@gmail.com

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				integrate other wellbeing practices and discussions.			
Waddington Street Centre	Social Saturdays	North Durham/Durham City		Participants can access our café space for socialising and affordable refreshments. Pay what you can arrangements are also in place for those experiencing financial difficulties. As well as good old conversation, people can use the lounge to play games (scrabble, rummikub, chess and Mahjong being faves) We also offer quizzes and masseoke from time to time.	Adults	Saturdays 10-3pm	3 Waddington Street, DH1 4BG Ali Lee 0191 386 0702 alee@waddingtoncentre.co.uk
ManHealth	Chord Collective	Bishop Auckland		Our project Men with Guitars is a diversification from our core offer. We have had many requests from our men over the years to create a creative group. In a recent survey the majority of respondents were keen to get together to learn how to play or improve their guitar skills. The project. Men with Guitars will be open to any man aged over 18 to come along meet new men and learn a new skill and at the same time have an opportunity to chat with a trained facilitator.	Adult men	Tuesdays or Wednesdays 6-8pm	Office 5 Shildon Business Centre Paul Bannister 01388 320023 07867411287 paul@manhealth.org.uk
Jubilee Fields Community Association	Jubilee Fields Craft Club	Shildon		The craft group will provide a safe and welcoming environment where individuals can escape from their daily stressors. The community centre ensures that all members, regardless of their physical or mental health conditions, feel included and valued. It will also offer emotional support through peer interactions and provide signposting to relevant services for those dealing with mental health issues, relationship problems, and financial or food poverty.	Adults	Fridays 10.30 – 12.30	Jubilee Fields Community Centre, Jubilee Road, Shildon, Co Durham DL4 2AL Lesley Bowes 01388 775425 JFCA@jubileefields.onmicrosoft.com
Hart Gables	Trues Colours	Peterlee		A 2-hour weekly support group in East Durham for LGBTQ+ people over 18. The people who access the group will often be struggling with poor mental health, loneliness, and are sometimes the victims of hate incidents, bullying and rejection or hostility from family and friends. Each week, two staff members will facilitate the session, working collaboratively with service users to determine their preferred topics. If these align with the project's priorities, the staff team will plan and deliver the sessions accordingly. Ensuring that attendees have a say in shaping the sessions is essential, so decisions are made with them, not for them.	Adults LGBTQ+	Fridays 1-3pm	Hart Gables, Newtown Community Resource Centre, Durham Road, Stockton on Tees, TS19 0DE Sarah Lewis 01642 675509 Sarah.lewis@hartgables.org.uk
Sisters of Support CIC	Together we Thrive	Shildon/ Newton Aycliffe/ Bishop Auckland		Sisters of Support was founded in June 2021 by Carrie and Amy after they recognized a gap in mental health support for women in their	Women aged 18+		Suite 18 BLUE BRIDGE CENTRE, St Cuthberts Way, Newton Aycliffe, Co Durham, DL5 6DS Carrie Howarth

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